

Low Carb Chocolate Mousse

This chocolate mousse is based on the traditional french chocolate mousse version - it has an almost meringue taste and is super rich and creamy. And thanks for the Lindt it is the most chocolatey thing ever!

Ingredients:

- 3 tbsp butter (42.5g / 1.5 oz)
- 100g lindt 90% dark chocolate (3.5 oz)
- 3 eggs, separated.
- 1/2 tsp cream of tartar
- 1/4 cup erythritol (confectioners)
- 2 tbsp erythritol (confectioners)
- 1/2 cup cream
- 1/2 tsp vanilla extract

Directions:

1. Place the chocolate and butter in a heatproof bowl and place over a saucepan of gently simmering water (or use a double boiler). Melt the chocolate and butter together and stir with a wooden spoon until smooth. Remove from heat and cool slightly.
2. In another bowl, beat the egg whites until foamy. Add the cream of tartar and continue to beat. Whisk in the 1/4 cup of erythritol and continue beating until stiff peaks form. Set aside.
3. Beat the heavy cream in a chilled bowl until it begins to foam and thicken. Add the remaining 2 tablespoons of erythritol and vanilla extract. Continue to whip the cream until it holds soft peaks.
4. Add the egg yolks to the chocolate, one by one, whisking until mixed. The texture gets a bit lumpy but that's supposed to happen. Move the mixture to a larger bowl.
5. Slowly fold in the egg whites into the chocolate. Fold very gently and don't overwork the mixture. Add the egg whites in small batches until they are all mixed in. Then fold the cream into the mixture in the same way as the egg white. Once you've mixed it in - pour the mixture into your bowls/glasses and refrigerate for a few hours before serving. It divides easily into four large servings but I usually make six smaller servings. It also freezes and defrosts very well.

Approximate macros per serving (assuming 4 servings):

carbs - 4.7g fat - 38g protein - 7.5g calories - 385

Recipe and images by www.alittlebitofketo.com

